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ENRICHED CORN GRITS

a good choice for the thrifty family

An Energy Food



Grits are made from corn.
They may be white
or yellow

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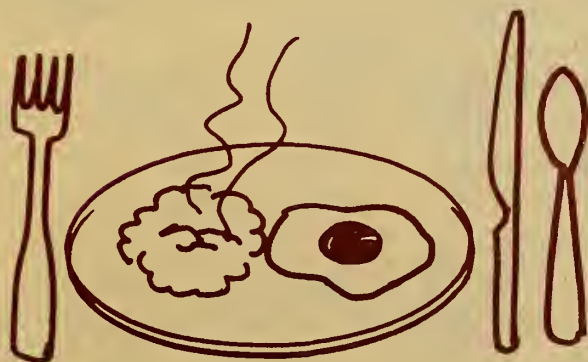
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PROCUREMENT SECTION
CURRENT SERIAL RECORDS



Serve grits hot with
butter or margarine

Serve grits--



- As a side dish with
eggs, meat or cheese



- As a cereal

COOKED CORN GRITS

- 1 teaspoon salt
- 4 cups water
- 1 cup uncooked corn grits

Heat salt and water to boiling.

Slowly pour and stir corn grits into boiling water.

Lower heat and stir until thickened.

Cover and cook slowly 15 minutes, stirring as needed to keep from sticking.

Makes about 4 cups cooked grits.

FRIED CORN GRITS

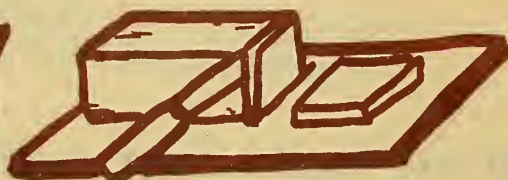
Put thick, cooked corn grits in a loaf pan. Chill.

Remove grits from pan and cut in slices.

Put slices of corn grits in heated, greased fry pan and brown on both sides.



CHILL



SLICE

CORN GRITS SPOONBREAD

- 1/2 cup corn grits
- 1 cup uncooked cornmeal
- 2 teaspoons salt
- 3 tablespoons fat (margarine or butter)
- 2 1/2 cups water
- 2 cups fluid milk
- 4 eggs

Mix grits, cornmeal, and salt. Add fat.

Stir in water and milk.

Cook and stir until mixture thickens a little.

Beat eggs in a large bowl. Stir cooked mixture slowly into eggs.

Pour in greased baking pan.

Bake at 400° F (hot oven) about 45 minutes until firm.

Makes 6 servings, 1 cup each.

CHILI GRITS

- 1 small onion
- 1/4 green pepper
- 2 tablespoons fat (margarine or butter)
- 4 cups water
- 1 teaspoon salt
- 1 tablespoon chili powder
- 1 cup uncooked corn grits
- 1 cup cut-up, canned chopped meat or cooked or canned beef

Slice the onion. Cut up green pepper.

Cook onion and green pepper in a saucepan with the fat until lightly browned.

Add water, salt, and chili powder. Bring to boiling.

Stir in grits. Lower heat.

Cook 10 to 15 minutes until thick, stirring as needed to keep from sticking. Add a little water if grits get too thick before 10 minutes of cooking.

Stir in meat and heat.

Makes 6 servings, about 3/4 cup each.

BAKED CORN GRITS AND CHEESE

- 2 cups water
- 1 cup uncooked corn grits
- 1/2 cup evaporated milk (see Note)
- 2 tablespoons fat (margarine or butter)
- 1 1/2 cups cut-up cheese
- 3/4 teaspoon salt
- 2 eggs

Heat water to boiling. Slowly stir in corn grits. Cook and stir 1 or 2 minutes until thick.

Stir milk, fat, most of cheese, and salt into grits.

Beat eggs and stir into grits.

Pour grits in a greased baking pan.

Sprinkle rest of cheese on top of grits.

Bake at 375° F (moderate oven) about 35 minutes until knife stuck in center comes out clean.

Makes 6 servings, 2/3 cup each.

Note: Fluid milk made from nonfat dry milk may be used in place of evaporated milk.